















	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main</b>	<p>Jacket potatoes with Tuna mayo and sweetcorn</p> <p><b>Ingredients:</b>, Potatoes, <b>Mayonnaise (Rapeseed Oil, Egg Spirit Vinegar, Sugar, Salt, Lemon Juice Flavouring, Paprika - Contains Eggs)</b>, Sweetcorn, <b>Tuna Chunks (Contains Fish)</b>, Mustard, Olive Oil, Rosemary, Garlic</p> <p><b>E F M</b></p>	<p>Chicken pasta salad</p> <p><b>Ingredients:</b>, <b>Pasta (Durum Wheat Semolina - Contains Gluten)</b>, Mixed Peppers, Carrots, Sweetcorn, Onion, Chicken Breast, Olive Oil, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Paprika, Parsley, Mixed Herbs - Dried, Basil, Coriander, Cumin, Garlic, Ground Black Pepper</p> <p><b>G</b></p>	<p>Chickpea Couscous</p> <p><b>Ingredients:</b>, <b>Cous Cous (Durum Wheat Semolina - Contains Gluten)</b>, Carrots, Mixed Peppers, Chick Peas, Sweetcorn, Onion, Olive Oil, Lemon Juice, Gluten Free Low Salt Vegetable Stock (Cornflour, Potato Starch, Onion, Carrot, Peas, Tomato Powder, Black Pepper, Parsley, Turmeric, Salt), Mixed Herbs - Dried, Basil, Coriander, Cumin, Garlic, Ground Black Pepper, Parsley, Paprika</p> <p><b>G</b></p>	<p>Garlic bread with roasted chicken and fresh vegetables with garlic yoghurt dip</p> <p><b>Ingredients:</b>, <b>Garlic Bread Wheat Flour, Margarine, Garlic, Salt, Parsley, Yeast</b>, Cucumber, Tomatoes, Lettuce, Chicken Breast, <b>Natural Yoghurt (Contains Milk)</b>, Olive Oil, Lemon Juice, Coriander, Cumin, Garlic, Ground Black Pepper, Mixed Herbs - Dried, Paprika, Parsley, Basil</p> <p><b>G D</b></p>	<p>Jacket potatoes with baked beans and cheese</p> <p><b>Ingredients:</b>, Jacket Potatoes, Baked Beans In Tomato Sauce, <b>Grated Cheddar Cheese (Contains Milk)</b></p> <p><b>D</b></p>
<b>Dessert</b>	<p>Fruit yoghurt</p> <p><b>Ingredients:</b>, <b>Natural Yoghurt (Contains Milk)</b>, Fruit Pureed, Pinch Of Sugar</p> <p><b>D</b></p>	<p>Vegan, soya free cake</p> <p><b>Ingredients:</b>, Wheat Flour (Contains Gluten), Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon</p> <p><b>G</b></p>	<p>Stewed apples and raisins</p> <p><b>Ingredients:</b>, Apple, Raisin, Cinnamon, Vanilla, Pinch Of Sugar</p>	<p>Vegan, soya free cake</p> <p><b>Ingredients:</b>, Wheat Flour (Contains Gluten), Apple, Peach, Pear, Dairy Free Margarine, Pinch Of Brown Sugar, Gluten Free Baking Powder, Bicarbonate Of Soda, Cinnamon</p> <p><b>G</b></p>	<p>Cherry yoghurt</p> <p><b>Ingredients:</b>, <b>Natural Yoghurt (Contains Milk)</b>, Cherry, Pinch Of Sugar</p> <p><b>D</b></p>

**Allergens Key**

<b>D</b> Dairy	<b>E</b> Eggs	<b>SB</b> Soy Beans	<b>M</b> Mustard	<b>L</b> Lupin	<b>C</b> Crustaceans	<b>P</b> Peanuts
<b>G</b> Gluten	<b>F</b> Fish	<b>N</b> Nuts	<b>SS</b> Sesame Seeds	<b>M</b> Mollusc	<b>C</b> Celery	<b>SD</b> Sulphur Dioxide

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